



**STATE OF CONNECTICUT TEACHERS' RETIREMENT BOARD**  
**COST OF LIVING ADJUSTMENTS GRANTED FROM 1978 TO 2004**

<b>Cost of Living Date</b>	<b>Retirement Date Prior to September 1992 <i>(Minimum 3% to Maximum 5%)</i></b>	<b>Retirement Date On or After September 1992 <i>(Minimum 0% to Maximum 6%)</i></b>
July 2004	3.0%	1.5%
January 2004	3.0%	1.5%
July 2003	3.0%	1.4%
January 2003	3.0%	1.4%
July 2002	3.0%	1.5%
January 2002	3.0%	1.5%
July 2001	3.7%	3.5%
January 2001	3.5%	3.5%
July 2000	3.3%	2.5%
January 2000	3.0%	2.5%
July 1999	3.0%	1.3%
January 1999	3.0%	1.3%
July 1998	3.0%	2.1%
January 1998	3.0%	2.1%
July 1997	3.0%	2.9%
January 1997	3.3%	2.9%
July 1996	3.0%	2.6%
January 1996	3.0%	2.6%
July 1995	3.2%	1.5%
January 1995	3.0%	1.5%
July 1994	3.0%	2.6%
January 1994	3.0%	2.6%
July 1993	3.1%	1.5%
January 1993	3.0%	
July 1992	3.0%	
January 1992	4.2%	
July 1991	4.9%	
January 1991	5.0%	
July 1990	4.1%	
January 1990	4.5%	
July 1989	5.0%	
January 1989	4.2%	
July 1988	3.8%	
January 1988	4.6%	
July 1987	3.7%	
January 1987	3.0%	
July 1986	3.0%	
January 1986	3.4%	
July 1985	4.1%	
January 1985	3.5%	
July 1984	3.1%	
January 1984	3.0%	
July 1983	4.0%	
January 1983	4.5%	
July 1982	5.0%	
January 1982	5.0%	
July 1981	5.0%	
January 1981	5.0%	
July 1980	5.0%	
January 1980	5.0%	
July 1979	5.0%	
January 1979	5.0%	
July 1978	5.0%	
January 1978	3.0%	